






Fitness Drop-In Schedule

October 27 - December 31, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<small>GROUP</small> fight 5:40am	<small>GROUP</small> POWER 5:40am	<small>GROUP</small> fight 5:40am	<small>GROUP</small> POWER 5:40am		<small>GROUP</small> CENTERGY 7:45am
					<small>GROUP</small> ACTIVE 9:00am
 ZUMBA fitness 10:00am		 ZUMBA fitness 10:00am		 ZUMBA fitness 10:00am	 ZUMBA fitness 11:00am
	<small>GROUP</small> ACTIVE 11:00am		<small>GROUP</small> ACTIVE 11:00am		
<small>GROUP</small> ACTIVE 5:40pm		<small>GROUP</small> POWER 5:40pm			SUNDAY
<small>GROUP</small> CENTERGY 6:50pm		<small>GROUP</small> CENTERGY 6:50pm	 ZUMBA fitness 7:00pm		

GROUP
ACTIVE

Group Active™ is a 60 minute workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Ages 13+

GROUP
CENTERGY

Group Centergy™ incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility, and the core within 60 minutes. Ages 13+

GROUP
fight

Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! Ages 13+

GROUP
POWER

Group Power™ combines squats, lunges, presses and curls with functional integrated exercises. Ages 13+

 **ZUMBA**
fitness

ZUMBA® is a 60 min Latin infused dance-based workout. Ages 13+

If you would like to join the email cancellation list, please sign up in the fitness studio or email aeearvin@lynnwoodwa.gov